((TIMEOUT CD MAILER...RIGHT OUTER PANEL OF TRIFOLD)).....((1))

N O W !

C O N T R O L

THAT OTHER THIRD

OF YOUR

L I F E !

((LOGO...SMALL))

((LEFT OUTSIDE PANEL)) -((2))

The newest of the new -

from The Monroe Institute
Interstate Industries

T I M E O U T

On Compact Disc(CD)

CONTROL YOUR SLEEP!

FOR THE FIRST TIME, NOW YOU CAN DETERMINE WHAT YOU DO DURING SLEEP! AN EXCITING NEW SYSTEM NEVER BEFORE AVAILABLE ANYWHERE!.

A

L i f e s p a n

Learning Exercise

(((LEFT INSIDE
PANEL))...((3)).....REV/5/28

T I M E O U T

A miracle of modern technology

Through the application of Hemi-Sync Sound and the program function and digital quality of compact disc players, an almost unlimited selection of sleep patterns are now available for you to choose and use.

How is this done? The TIMEOUT CD contains ten Hemi-Sync sound "tracks" instead of the customary music selections. Each track is a special segment that helps create and maintain a specific portion of the human sleep cycle. Each has an exclusive special sound pattern at the beginning and end to make the switch from one track to another un-noticeable.

How to use it? Simply insert the TIMEOUT CD in the player, select and punch in the track sequences suggested for the kind of sleep you want. Then lie back, put on your headphones and push the play button. Later, you can select and play sequences to fit exactly your own needs and desires.

Sleep can have an entirely new meaning for you! Besides strong recharge, you can learn new ways to do and be, have exciting fun-filled dream adventures, and most of all, truly know yourself as never before.

L i f e s p a n

Learning for Every Need

(INSIDE CENTER PANEL).(4)REV 5/28

TIMEOUT LIFE EXPANSION

Now you can control and use that third of your life spent in sleep for exactly what you want or need. How you apply this extra time and energy is solely your choice.

The more any sleep sequence is used, the easier it becomes, often to the point where the TIMEOUT learning system is no longer required. Here are a few examples:

- Recharging naps where and when, and at the approximate length you so desire.

- Extended normal sleep in a form best suited to your biological patterns.

- Special rejuvenating sleep for better mental and physical health.

- Expand or limit dreaming periods during sleep and contents therein.

- Various states of meditation and contemplation of selected length.

- Conscious exploration of various stages of sleep.

- Your own unique sleep designs.

. . . . . .

LIFESPAN/TIMEOUT is the latest offering of The Monroe Institute and Interstate Industries, Inc. Interstate is the original founder and Commercial Agent of TMI, a non-profit organization.

An added introductory feature -

M E T A M U S I C C D - 1

For the first time on compact disc, two of the METAMUSIC Artist series that will bring another facet to your relaxation-sleep activity and comfort.

The quality of CD digital recording and the inclusion of Hemi-Sync sound waveforms put a new meaning into music appreciation. The two METAMUSIC selections on a single CD are:

SLEEPING THROUGH THE RAIN, the ultimate in restful music, gently coaxes you to drift between deep relaxation and dream-like restful sleep. Composed and performed by well-known artists Matthew Sigmon and Julie Anderson.

INNER JOURNEY promotes a very relaxed state of open meditation, yet offers a clear, open canvas to color with your own images. Composed and performed by M. Sadigh, psychologist and musical artist.

TO ORDER:

TIMEOUT CD	$49.95
S. & H.	5.00
	$54.95
METAMUSIC CD	$24.95
S. & H.	5.00
	$29.95
ORDER BOTH:	$75.00

CALL TOLL FREE: 1-800-541-2488
Monroe Institute/Interstate Industries, Inc.

((OUTSIDE CENTER))...
((LATERAL))

((MAILER PANEL))......((6))

(((upper left corner))

((small logo))

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(((UPPER RIGHT CORNER))

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